

AT HOME DAILY WORKOUT SCHEDULE

4 Weeks Exercise



WEEK 1

SUN	MON	TUE	WED	THURS	FRI	SAT
Rest Time	<ul style="list-style-type: none"> 30 Sec Speed Skater 20 Mountain Climbers 20 Frog Jumps 20 Donkey Kicks 20 Side Kick Squats 	<ul style="list-style-type: none"> 20 Basic Lunges 20 Squat Jumps 25 No Rope Jump Rope 30 Sec High Knees Running In Place 	<ul style="list-style-type: none"> 20 Heel Kicks 20 Jump & Twist 15 Trunk Circle 15 Hip Circle (R&L) 	<ul style="list-style-type: none"> 20 Sumo Squats 40 Sec Wall Sit 20 Reverse Crunch 20 Crunches 20 Sit Ups 15 Burpees 	<ul style="list-style-type: none"> 10 Plank With Leg Lift (R & L) 10 Plan Hip Twist 10 Plan With Shoulder Tap 	<ul style="list-style-type: none"> 30-45 Min. Cardio of choice

WEEK 2

SUN	MON	TUE	WED	THURS	FRI	SAT
Rest Time	<ul style="list-style-type: none"> 1 Min But Kicks 30 Sec Plank Knee Taps 30 Sec Mountain Climbers 30 Second Calf Raises 	<ul style="list-style-type: none"> 20 Squats 20 Pile Squats 20 Squat Thrusts 15 Lunge Pulses 	<ul style="list-style-type: none"> 1Min Bicycle Crunch 30 Abdominal Crunch 30 Flutter Kicks 30 Sec Cobra Pose 	<ul style="list-style-type: none"> 20 Overhead press 20 Prayer Pulse 20 Wall Push-Ups 10 Plank Shoulder Tap 	<ul style="list-style-type: none"> 20 Push-ups 30 Sec Plank 50 Mountain Climbers 15 Tricep Dips 20 Squat Press 20 Plank Jacks 	<ul style="list-style-type: none"> 30-45 Min. Cardio of choice

WEEK 3

SUN	MON	TUE	WED	THURS	FRI	SAT
Rest Time	<ul style="list-style-type: none"> 30 Sec Speed Skater 20 Mountain Climbers 20 Frog Jumps 20 Donkey Kicks 20 Side Kick Squats 	<ul style="list-style-type: none"> 20 Basic Lunges 20 Squat Jumps 25 No Rope Jump Rope 30 Sec High Knees Running In Place 	<ul style="list-style-type: none"> 20 Heel Kicks 20 Jump & Twist 15 Trunk Circle 15 Hip Circle (R&L) 	<ul style="list-style-type: none"> 20 Sumo Squats 40 Sec Wall Sit 20 Reverse Crunch 20 Crunches 20 Sit Ups 15 Burpees 	<ul style="list-style-type: none"> 10 Plank With Leg Lift (R & L) 10 Plan Hip Twist 10 Plan With Shoulder Tap 	<ul style="list-style-type: none"> 30-45 Min. Cardio of choice

WEEK 4

SUN	MON	TUE	WED	THURS	FRI	SAT
Rest Time	<ul style="list-style-type: none"> 1 Min But Kicks 30 Sec Plank Knee Taps 30 Sec Mountain Climbers 30 Second Calf Raises 	<ul style="list-style-type: none"> 20 Squats 20 Pile Squats 20 Squat Thrusts 15 Lunge Pulses 	<ul style="list-style-type: none"> 1Min Bicycle Crunch 30 Abdominal Crunch 30 Flutter Kicks 30 Sec Cobra Pose 	<ul style="list-style-type: none"> 20 Overhead press 20 Prayer Pulse 20 Wall Push-Ups 10 Plank Shoulder Tap 	<ul style="list-style-type: none"> 20 Push-ups 30 Sec Plank 50 Mountain Climbers 15 Tricep Dips 20 Squat Press 20 Plank Jacks 	<ul style="list-style-type: none"> 30-45 Min. Cardio of choice

Daily Work Outs 4

Sabine Zange



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